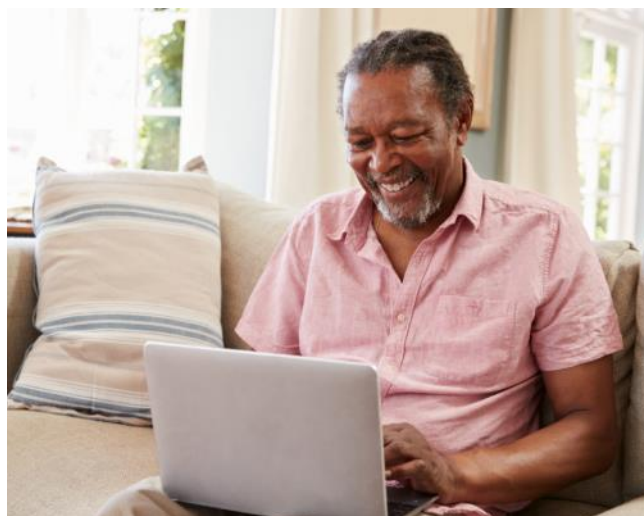
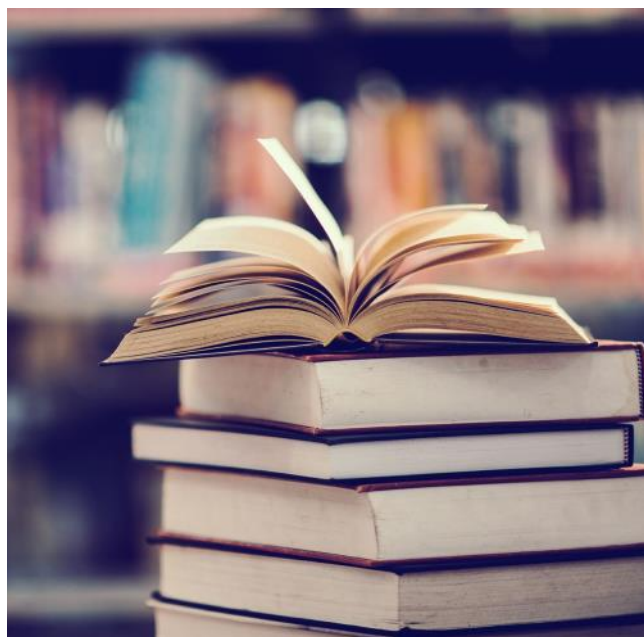


HOWARD COUNTY OFFICE ON AGING AND INDEPENDENCE



VIRTUAL PROGRAMS JANUARY 2022



Please note the password for all
FREE PROGRAMS is New50+

LEARN—LAUGH—READ—COOK—CRAFT—EXERCISE—LISTEN—CONNECT



JANUARY UPDATES

Enrichment. Engagement. Connection. Growth

The Department of Community Resources and Services counts the safety and health of all of our community members as its top priority. Masks are required upon entry and throughout all common areas in County buildings including the 50+Centers.

To balance the public facing responsibilities and the technology tasks associated with virtual programming, we will continue the virtual offerings' virtual programs on **Tuesdays and Thursdays for January.**

Thank you for your participation in the 50+ Virtual Offerings. As we move to more in person exercise programs in the 50+ centers, the free virtual exercise classes, Strength Training and Sittercize have been discontinued. The fee-based virtual group exercise pass program continues.

The Virtual Group Fitness Class Pass has been modified to help meet the demand for in-person exercise classes in the 50+ Centers. The price of the monthly Virtual Class pass will be \$38 for the full month and \$20 for those joining on or after the 15th of the month.

Virtual Pass January Changes:

- Floor Core & More is Mondays and Fridays at 8:30 am
- Zumba Gold is Fridays at 10 am
- Balance 4 All is coming off of the schedule
- Seated Strength & Balance is 11 am on Mondays and Thursdays
- Mindful Mondays is moving to 10 am
- Pilates is now being offered on Wednesdays at 10 am
- Cardio and Core is now Tuesdays and Thursdays at 10 am

In-person programming across the 50+ centers will continue to gradually increase in the months ahead. Please know that the entire Office on Aging and Independence team is deeply gratified by your positive response and feedback to our programming throughout the past 20 months. It is our privilege to serve you and to learn of the impact of our efforts in your lives.



Frequently Asked Questions

What is the password for Free Programs?

The password for free programs is **New50+**

How do I sign up for the Paid Fitness Class Pass? To register for the \$38 monthly fitness pass that includes 19 weekly classes, you can call 410.313.1400 or 410.313.5440 (voice/relay)

Monday - Friday between 10 am - 2 pm. Those registered will receive the links and passwords for January will be available at the end of December. To register on-line using your Active Net account: Search: Virtual 50+ Exercise Classes/A02490.601, on the Active Net site: <https://apm.activecommunities.com/howardcounty/> Passes purchased after the 15th of the month have a reduced fee (\$20).

How do I learn to use WebEx? Staff are available for one on one sessions to walk you through the platform, answer questions and get you into our virtual world. To set up an appointment, email Virtual50@howardcountymd.gov If you have a landline you could call into certain programs and still be engaged.

Will virtual programs continue now that centers are open? Yes, there will continue to be fitness and limited classes offered virtually. Most programs aside from exercise will be offered on Tuesdays and Thursdays.

Do I have to live in Howard County to participate? No you do not, anyone can join in our virtual offerings.

How can I get the newsletter sent to my inbox? Just click on this link to sign up in Constant Contact. [CONSTANT CONTACT SIGN UP](#)

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NOTEWORTHY

- Questions about Virtual Programs? Call 410.313.5400
- The Howard County Covid-19 hotline # is 410-313-6284
- Community Partner Flier can be found on page 14
- Caregiver Support Program Flier is on page 15
- SeniorsTogether Programs are slowly moving back into the centers. Questions? Call Karen 410.313.7466 or 410.313.7353

WEEK AT A GLANCE

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

<p>3 FLOOR, CORE & MORE 8:30 AM Go to Page</p> <p>MINDFUL MONDAYS 10 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE 11 AM</p> <p>SEATED STRENGTH AND BALANCE 11 AM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p> <p>NUTRITION CONSULTS 4 - 6 PM Go to Page</p>	<p>4 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p> <p>ALL IN ONE 5:30 PM Go to Page</p>	<p>5 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM</p> <p>PILATES 10 AM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>6 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 10 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>NATIONAL PARK SERIES THOMAS EDISON PARK 10 AM Go to Page</p> <p>SEATED STRENGTH AND BALANCE 11 AM Go to Page</p> <p>BOOK CLUB 1 PM Go to Page</p> <p>AMERICAN MUSIC OF CHANGE IN THE 1960'S 2 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p>	<p>7 FLOOR, CORE & MORE 8:30 AM Go to Page</p> <p>Zumba Gold® 10 AM Go to Page</p> <p>POWER 11 AM Go to Page</p>
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SATURDAY

8
HATHA YOGA
9:30 AM [Go to Page](#)

 \$ Paid Fitness Pass Classes
  \$ Paid Fitness Programs
  Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY THURSDAY

FRIDAY

<p>10 FLOOR, CORE & MORE 8:30 AM Go to Page</p> <p>MINDFUL MONDAYS 10 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE 11 AM</p> <p>SEATED STRENGTH AND BALANCE 11 AM Go to Page</p> <p>STOP EXERCISING TO LOSE WEIGHT 2 PM</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>11 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 10 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>BONE UP ON CALCIUM 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p> <p>ALL IN ONE 5:30 PM Go to Page</p>	<p>12 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM</p> <p>PILATES 10 AM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>13 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 10 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>SEATED STRENGTH AND BALANCE 11 AM Go to Page</p> <p>THE VALLEY FORGE WINTER AND THE MAN WHO MADE IT COUNT 1 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p>	<p>14 FLOOR, CORE & MORE 8:30 AM Go to Page</p> <p>ZUMBA GOLD® 10 AM Go to Page</p> <p>POWER 11 AM Go to Page</p>
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SATURDAY

15

NO CLASS MLK

HOLIDAY WEEKEND

 \$ Paid Fitness Pass Classes
  \$ Paid Fitness Programs
  Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>17</p> <p>CLOSED MLK DAY</p>	<p>18</p> <p>POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 10 AM Go to Page</p> <p>EXPLAINING THE PROCESS A CAREGIVER SUPPORT PROGRAM 10 AM</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p> <p>NATIONAL PARK SERIES KENAI FJORDS PARK 2 PM Go to Page</p> <p>ALL IN ONE 5:30 PM Go to Page</p>	<p>19</p> <p>KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM</p> <p>PILATES 10 AM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>20</p> <p>POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 10 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>SEATED STRENGTH AND BALANCE 11 AM Go to Page</p> <p>GENEALOGY RESOURCES AT HCLS 2 PM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p>	<p>21</p> <p>FLOOR, CORE & MORE 8:30 AM Go to Page</p> <p>ZUMBA GOLD® 10 AM Go to Page</p> <p>POWER 11 AM Go to Page</p> <p>NAME THAT TUNE 2 PM Go to Page</p>
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SATURDAY

<p>22</p> <p>HATHA YOGA 9:30 AM Go to Page</p>

\$ Paid Fitness Pass
 \$ Paid Fitness Program
 Free Programs

WEEK AT A GLANCE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

<p>24 FLOOR, CORE & MORE 8:30 AM Go to Page</p> <p>MINDFUL MONDAYS 10 AM Go to Page</p> <p>SENIORS TOGETHER THINK POSITIVE 11 AM</p> <p>SEATED STRENGTH AND BALANCE 11 AM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>25 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 10 AM Go to Page</p> <p>CONSERVING MONARCH BUTTERFLIES 11 AM Go to Page</p> <p>YOGA WITH MARY 11 AM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p> <p>ALL IN ONE 5:30 PM Go to Page</p>	<p>26 KICKBOXING 8 AM Go to Page</p> <p>QI GONG 9 AM Go to Page</p> <p>SENIORS TOGETHER OPEN MIND GROUP 9:30AM</p> <p>PILATES 10 AM Go to Page</p> <p>CIRCUIT CONDITIONING 5:30 PM Go to Page</p>	<p>27 POWER 8:30 AM Go to Page</p> <p>CARDIO & CORE 10 AM Go to Page</p> <p>SENIORS TOGETHER NEWS TALK 10 AM</p> <p>SEATED STRENGTH AND BALANCE 11 AM Go to Page</p> <p>ARTHRITIS EXERCISE PROGRAM 2:30 PM Go to Page</p>	<p>28 FLOOR, CORE & MORE 8:30 AM Go to Page</p> <p>ZUMBA GOLD® 10 AM Go to Page</p> <p>POWER 11 AM Go to Page</p>
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FRIDAY

<p>29</p> <p>HATHA YOGA 9:30 AM Go to Page</p>
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\$ Paid Fitness Pass



\$ Paid Fitness Program



Free Programs

WEEK AT A GLANCE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<div>31</div> <div>FLOOR, CORE & MORE</div> <div>8:30 AM</div> <div>Go to Page</div> <div>MINDFUL MONDAYS</div> <div>10 AM</div> <div>Go to Page</div> <div>SENIORS TOGETHER</div> <div>THINK POSITIVE</div> <div>11 AM</div> <div>SEATED STRENGTH AND</div> <div>BALANCE</div> <div>11 AM</div> <div>Go to Page</div> <div>CIRCUIT</div> <div>CONDITIONING</div> <div>5:30 PM</div> <div>Go to Page</div> <div>SENIORS TOGETHER</div> <div>CAREGIVER SUPPORT</div> <div>GROUP</div> <div>7 PM</div>				

\$ Fitness Pass Classes

Floor, Core and More

Mondays and Fridays, 8:30 am

This class targets challenging areas of the body: thighs, abs and backside. Tighten, tone and strengthen those core areas. Class predominantly done on the floor.

Taught by Michelle Rosenfeld

Mindful Mondays

Mondays, 10 am

A fusion class that combines gentle, guided meditation with light yoga stretches. A great way to incorporate mindfulness into your daily life.

Taught by Connie Bowman

Zumba Gold®

Fridays, 10 am

Turns exciting Latin & international rhythms into a fun, safe, & effective format for the active older adult. It's an easy-to-follow program that lets you move to the beat at your own pace.

Taught by Courtney Bracey

Seated Strength and Balance

Mondays and Thursdays, 11 am

This class is for those who prefer a seated workout with the option for standing/balancing exercises. Class will use dumbbells to improve strength and overall mobility as we move to fun music.

Taught by Michelle Rosenfeld

All in One

Tuesdays at 5:30 pm

Get it all in, in one class! Take in all the elements of fitness in one class; a good cardio workout, strength training, balance, and flexibility.

Taught by Robbie Compson

Circuit Conditioning

Mondays and Wednesdays, 5:30 pm

This class combines the best of both worlds: strength and cardio. Raise your heart rate during cardio so your muscles can receive the most benefit when followed by strength training routines. Strength exercises will help to increase lean muscle mass, while cardio helps to improve cardiovascular function. Have dumbbells or household equivalent available for strength training. Modifications available.

Taught by Michelle Rosenfeld

Power

Tuesdays and Thursdays, 8:30 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass. **Taught by Michelle Rosenfeld**

Cardio and Core Class

Tuesdays and Thursdays, 10 am

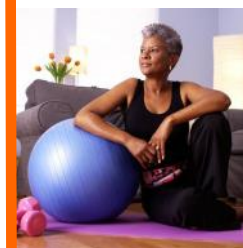
Exercises to get your body moving at home designed for those who are looking for a low-impact cardio class to get your heart pumping while strengthening your core. **Taught by Pam Beck**

Yoga with Mary

Tuesdays, 11 am

Join Mary for a series of weekly yoga 8 classes; topics will vary. You will need a mat, and a strap or bathrobe tie. We will mostly be standing up in this flowing class.

Taught by Mary Garratt



\$ Fitness Pass Classes

Kickboxing

Wednesdays, 8 am

Start kickin' it with this introductory cardio kickboxing class. Learn basic punches and kicks and put them into easy to follow combinations. This total body workout increases strength and cardiovascular fitness. Class conducted at low-impact level.

Taught by Michelle Rosenfeld

Qi Gong

Wednesdays, 9 am

This class includes a gentle warm-up to open the joints in preparation for the Qi Gong practice which relaxes the body, focuses the mind, calms the nerves, and reduces the ill effects of stress. Come as you are and enjoy the simple yet profound experience of Qi Gong for harmonizing mind, body, and spirit. Open to all levels, no experience or special equipment required.

Taught by Jessica Koch

Pilates

Wednesdays, 10 am

Using the abdominal muscles of Joseph Pilates, re-awaken core muscles, breathe life back into the spine and return balance, stability and flexibility to your body.

Taught by Bob McDowell

Power

Fridays, 11 am

A great class to help you retain or regain muscle tone. This strength training class includes a cardio warm-up and utilizes hand held weights to improve your body composition & increase lean muscle mass.

Taught by Michelle Rosenfeld

Hatha Yoga

Saturdays, 9:30 am

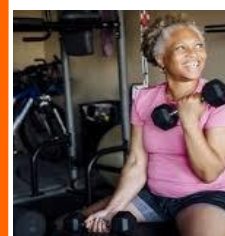
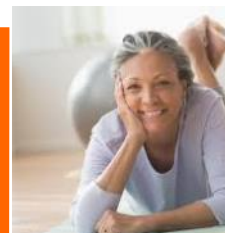
The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

Taught by Mary Garratt

Arthritis Foundation Exercise Program

Tuesdays, Thursdays, 2:30 pm

Low impact physical activity program proven to reduce pain and decrease stiffness. Includes gentle range of motion exercises that are suitable for every fitness level and ability. Led by a trained program leader. Suitable for participants diagnosed with arthritis or other chronic pain disorders. Fee to participate, registration required. Contact mburgess@howardcountymd.gov or call 410.313.5440 to register.



\$ Personal Training

Want to get started with a healthy exercise routine but you don't know where to begin? Consider looking to us for one on one exercise. In-person Personal Training is available by appointment. Sessions are 30 minutes w/first session being 45 minutes.

Cost: Single Session: \$45

4 Session Package: \$160

8 Session Package \$299

Call 410.313.1400 to register.

Are you looking for guidance on starting or changing an exercise routine? Schedule a one-on-one, 30-minute virtual consultation with our Exercise Specialist, Malarie Burgess. We will work together to tailor a fitness plan best suited to your needs from the comfort of your own home. Contact

mburgess@howardcountymd.gov or 410-313-6073 with questions. Registration link: [https://anc.apm.activecommunities.com/howardcounty/daycare/program/558?](https://anc.apm.activecommunities.com/howardcounty/daycare/program/558?onlineSiteId=0&from_original_cui=true&online=true)

[onlineSiteId=0&from_original_cui=true&online=true](https://anc.apm.activecommunities.com/howardcounty/daycare/program/558?onlineSiteId=0&from_original_cui=true&online=true) or activity number A05490.801.

Cost: \$15 per session

Arts & Music

American Music of Change in the 1960s

Thursday, January 6, 2 pm

Join Iris Music Project founder Lauren Latessa as she explores the artists and music of the 1960's, their influence, impact and legacy. Suggested listening clips:

Peter, Paul and Mary discuss the march on Washington

<https://www.youtube.com/watch?v=GUpG0Cev7qc>

Joan Baez sings When the President sang Amazing Grace [https://www.youtube.com/watch?](https://www.youtube.com/watch?v=vM1KQp2anq4)

[v=vM1KQp2anq4](https://www.youtube.com/watch?v=vM1KQp2anq4)

PBS clip "Music in the Civil Rights Movement"

<https://www.youtube.com/watch?v=DwmOADOVLGA>

Presented by Lauren Latessa

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mfe42f05c4ea4818998bee38018a1ba9e>

Meeting #2311 356 2673 Password: New50+

Name That Tune

Friday, January 21, 2 pm

Agenda: We will be saluting the many accomplishments of men in the music industry. From crooners like Tony Bennett to pop groups like The Beach Boys. Join in the fun by playing this interactive guessing game

Presented by Ellen Brown

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m7565c0f8826e83107b9d6520e44fca7>

Meeting # 2308 685 9817

Password: New50+

Food, Nutrition & Cooking

Virtual Nutrition Consultations

Monday, January 3, from 4:00-6:00 pm

Our Registered Dietitian, Carmen Roberts, is available for virtual nutrition consultations (via video or phone). During this 30-minute session, she can answer your questions about diet, nutrition, and the impact of food on your health.

Click link to: [Register For A Virtual Nutrition Consultation](#)

Stop Exercising to Lose Weight

Monday, January 10, 2 pm

Our approach to fitness has been shaped by too many incorrect voices. Join the Exercise Specialist as they dive into the myriad of benefits regular exercise has to offer that have nothing to do with your appearance.

Presented by Malarie Burgess

Click link below to join:

Password: HPN2022

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma5b70460cc2750f4b27ceaf5057f74c7>

Bone Up on Calcium!

Thursday, January 11, 1pm

Did you know that bone loss accelerates after 50 years of age? Learn how to reduce your risk of osteoporosis and fractures through diet and gain a better understanding of the role of calcium and vitamin D in maintaining healthy bones.

Presented by Carmen Roberts, R.D.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=md3c540712701b23f360a30ed9c530001>

Meeting # 2305 407 4431

Password: New50+

History, Culture, Current Events

The Valley Forge Winter and the Man Who Made It Count

Thursday, January 13, 1 pm

The hard winter of 1777, when the Continental Army was camped at Valley Forge, Pennsylvania, was a turning point in the Revolution, the moment when new drills and regulations turned a rag-tag collection of ill-supplied amateurs into a professional fighting force capable of winning a war. This program tells this important story from the perspective of Baron Friedrich von Steuben, the Prussian immigrant with the unusual home life whom Washington tasked with achieving that critical transformation.

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m54a0d5668bb61c5dddbb6d012b58bed2>

Meeting Number: 2302 245 5097

Password: New50+

Literature & Theater

Book Club

Thursday, January 6, 1pm

Books can change our perspective and expand our thinking. If you love to follow a good read with a great discussion, join us for conversation and connection! For January 6, we will discuss ***His Truth is Marching On: John Lewis and the Power of Hope***, by Jon Meacham. On February 3, we will discuss ***The Four Winds*** by Kristin Hannah.

Facilitated by Jeannie DeCray

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m9fc0dcec06f77f0bd7f3adc98a6c6e95>

Meeting # 2310 943 9501

Password: New50+

HCLS - Genealogy Resources at Your Library

Thursday, January 20, 2 pm

How can the library help you learn more about your ancestors? This session will review how to navigate and access the online genealogy resources through the Howard County Library System. Learn how to do simple searches in Ancestry and MyHeritage. There will be time for questions and answers at the end of the presentation.

Presented by Robert Bates

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m63ed08a14e0485724e4416704e337ec2>

Meeting #2306 881 5764

Password: New50+

Nature and Outdoors

National Park Series: Thomas Edison National Historic Park

Thursday, January 6, 10 am

A virtual Invention Factory Tour presented by a ranger from the Thomas Edison National Historical Park in New Jersey

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=ma0bb322de2da79a240d60c112a582e6d>

Meeting# 2305 196 9751

Password: New50+

Nature & Outdoors

National Park Series: Kenai Fjords National Park

Tuesday, January 18, 2 pm

NPS Series: Ranger Leah Wold will lead us on an exploration of Kenai Fjords National Park in Seward Alaska .

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m3fdff6271cac7ee1b5c148c4c169e9e>

Meeting # 2318 995 7193

Password: New50+

Conserving Monarch Butterflies

Tuesday, January 25, 11 am

The east monarch butterfly population has experienced a significant population reduction in recent years, due in part to the decrease in the amount of milkweed available as a food source. In this fascinating intersection of human and natural history, learn how Clarence Hickey planted common native milkweed in his yard to aid migrating and reproducing Maryland monarchs, and how he raised monarch caterpillars in his home and then released them into the wild.

Presented by Clarence Hickey

Click link below to join:

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m68476925a8d89a85a68de2e13dc157b9>

Meeting # 2303 236 9955

Password: New50+



Join us online! Speakers, Classes, Entertainment, and 100+ Exhibitors

MARK YOUR CALENDAR

RUNS NOVEMBER 1, 2021, THROUGH JANUARY 21, 2022

— **www.thebeaconnewspapers.com for details—**



COMMUNITY PARTNERS

Join with the [Howard County Local Health Improvement Coalition](http://www.hclhic.org) (HCLHIC) and member organizations as we take part in community-wide efforts to improve health and reduce health disparities here in Howard County. Learn more at www.hclhic.org.

Events listed below are provided by HCLHIC member organizations. If you have any questions about these events, please contact the event organizers directly.

Click [here](#) for a listing of other free webinars that promote healthy movement, mindful meditation, healthy eating, and more.



COVID-19 Vaccine Clinics

Vaccinations are FREE and available for all Marylanders age 5 and older. Anyone who is part of an eligible age group can register for a vaccine at the Health Department or at many pharmacies or medical providers. Visit the HCHD website for a list of upcoming vaccine clinics and schedule an appointment: vaccine.howardcountymd.gov.

COVID-19 Testing Kits

The Howard County Health Department provides PCR testing for COVID-19 using the FDA-authorized Azova saliva test kit, which is more comfortable than traditional nasal swab. Self-collection testing is administered on-site or take home test kits are available for testing on your schedule. Test results are available in 2 - 4 days. For more information, visit vaccine.howardcountymd.gov

CAREAPP – Connecting People and Programs in Howard County

CAREAPP is a Howard County Health Department sponsored website that connects people to community programs and services. Search over 1,900 programs serving Howard County. Visit FindHCResources.org.



Living Well with Chronic Disease

The virtual Living Well with Chronic Disease class is a free 6-week self-management program for those who have or are at risk for diabetes, obesity, cancer, etc where you learn skills to help you manage chronic health conditions via Zoom. To sign up visit <https://bit.ly/living-well-virtual>, email HCGH-J2BH@jhmi.edu or call 410-740-7601.

Virtual Diabetes Support Group

The Virtual Diabetes Support Group offers free education and support for those with prediabetes, Type 1, and Type II Diabetes every third Thursday of the month via Zoom. To sign up visit <http://bit.ly/VirtualDiabetesGroup>. Contact Kristine Batty, NP at kbattv2@jhmi.edu with questions.

Member Care Support Network (MCSN)

The [Member Care Support Network](#) offers free non-medical support services (e.g. transportation and companionship) to Howard County residents 18 years or older. To enroll or for more information visit hcg.org/mcsn, email HCGH-J2BH@jhmi.edu or call 410-740-7601.



Howard County Office on Aging and Independence

PRESENTS

EXPLAINING THE PROCESS

How the OAI Supports Our Caregivers... Our Heroes

Tuesday, January 18

10:00 AM TO NOON

VIRTUALLY PRESENTED VIA WEBEX AND FREE!

REGISTER at <https://oaicaregiverwebinar2022.eventbrite.com>

An informative opportunity to learn more about **CAREGIVER SUPPORT OPTIONS** offered by the **Office on Aging and Independence's Home and Community-Based Services Team**

Representatives of the following programs will discuss their areas of expertise, and provide local resources and services for caregivers.

Caregiver Support Program
Community Living Program
Maryland Access Point
Medicaid Supports Planning Unit
Senior Care Program
Assisted Living and Nursing Facility Placements

— **REGISTRATION DEADLINE: FRIDAY, JANUARY 14** —

Program Coordinator: Kathy Wehr, Caregiver Support Program Manager
at 410-313-5955 (voice/relay) or kwehr@howardcountymd.gov

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